



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

MAY 2016

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

Center Phone Numbers

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Janet O'Dell

817-952-2325

Dale Dawson

817-952-2328

Once a Month Thursday Night Dance Lessons

Come learn the Waltz on Thursday May 5, 2016 at 6p.m. \$5.00 for 1 hour. \$10.00 for 2 hours. Must be age 50 or above.

Dance Lessons

May dance is the Waltz. Singles and couples welcome. Must be age 50 or above. Monday evenings 5:30pm-6:30pm. \$5.00 per person per lesson. Then stay for our Monday night dance, only \$6.00 per person.

Lifetime Hearing

Come get your hearing checked for free. Light breakfast will be served. May 16, 2016, 9:30am-11:00am. Please sign up with staff or call 817-952-2326.

Medicare Workshop

Come have your questions answered about Medicare. Light breakfast will be served. May 23, 2016, 10:00am. Please sign up with staff or call 817-952-2326.

Defensive Driving

AARP members \$15 non members \$20. May 24, 2016, 6:00-10:00pm. Please sign up with staff or call 817-952-2326.

Tai Chi Presentation

In recognition of Senior Day we will have a Tai Chi presentation outside at the Pavilion. Dress comfortable so you can join in on the fun! May 25, 2016, 10:30am.

Downsizing Workshop

Come learn how to "downsize" whether it be your belongings or your home. May 26, 2016, 6:00pm. Snacks will be served.

Winstar Trip

July 6, 2016. We will leave here at 8:00am and return at 4:00pm. Seats are \$20 a piece. Sign up with Staff member.

Bingo

Come join us for FREE Bingo.

Prizes and refreshments.

Thursday May 19, 2016, 6pm-

7:30pm Please sign up with staff

member or call 817-952-2326

"Got Stress" Workshop

Come learn how to deal with

stress. Free workshop. May 12,

2016, 6:00pm. Please sign up

with staff or call 817-952-2326.


Medication Check

If you have questions about your

medications bring them and ask

the Pharmacist. May 13, 2016,

1pm-3pm.

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Pete & Patti-Dance</p>	<p>3</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p>4</p> <p>8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p>9</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Doc Gibbs-Dance</p>	<p>10</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p>11</p> <p>8am-Ceramics & Pool 10am-NARFE 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p>16</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 9:30-11:00-Lifetime Hearing 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 6:00pm-Bill G Trio-Dance</p>	<p>17</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am- Needlecraft 9am- Exercise 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p>18</p> <p>8am-Ceramics & Pool 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p>23</p> <p>8am-5pm-Ceramics 8am-noon-Pool 9am-China Painting 10:00-Medicare Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then-Dance</p>	<p>24</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm-Defensive Driving</p>	<p>25</p> <p>8am-Ceramics & Pool 10:30-Tai Chie Presentation 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p>30</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>31</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	

<p style="text-align: center;"><u>THURSDAY</u></p> <p style="text-align: right;">5</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30-Blood Pressure Check 9am- Exercise 10am-Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong 6pm-Dance Lessons</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">6</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm-4pm-Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>DANCES</u></p> <p style="text-align: center;">May 2-Pete & Patti May 9-Doc Gibbs May 16-Bill G Trio May 23-Now & Then May 30-CLOSED - NO DANCE</p>
<p style="text-align: right;">12</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong</p>	<p style="text-align: right;">13</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>NARFE</u> May 11 – 10am</p> <p style="text-align: center;"><u>Blood Pressure Checks</u> 1st & 3rd Thursdays 8:30am to 10:30am</p>
<p style="text-align: right;">19</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30-Blood Pressure Check 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong</p>	<p style="text-align: right;">20</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm-4pm-Hobbyist 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p>Would you like schedule and newsletter updates by email? Email me at: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p>
<p style="text-align: right;">26</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am-Pinochle 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 1pm- Mah Jong</p>	<p style="text-align: right;">27</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>Class Highlights</u> Check out our FREE workshops! Many topics to choose from.</p>
<p style="text-align: center;">WINSTAR TRIP! July 6, 2016 \$20.00 per person Money due by June 22!</p>	<p style="text-align: center;">Medicare Workshop May 23, 2016 Light breakfast will be served. Sign-up with staff</p>	<p style="text-align: center;"><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>

Bedford Senior Activity Center

**Annual Art Show
and
Sale**

May 9 – May 27, 2016

Awards Ceremony

May 13, 2016



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